

Brownies and Cream

Way back when I found the first gluten free brownie mix, I had missed a certain cookie more than anything. What better to do than make my own. I would bake a batch of chocolate brownies from the mix and crumble them into whipped topping and stir. I'd eat until I'd make myself sick. Now, of course, for \$5.00 a pack, I can buy those favorite cookies, and no longer have to make my own. They aren't the same name brand, though they taste the same. This recipe is remembered in case the company quits making them, as happens occasionally.

Pre Cook Preparation:

- A. Timer set to the time to begin preparation prior to cooking
- B. Timer set for 1 hour later, when meal should be ready to eat

Meal Adaptations:

Physical Accommodations:

- Electric mixer, or lightly mix and pour into the pan, allowing the baking process to complete mixing
- Large handled measuring cups and spoons
- Large handled mixing spoons

Visual Accommodations:

- Easily identifiable labeled ingredients
- Long oven mitts
- Use brightly colored measuring cups, spoons, and bowls

Potential Food Allergy or Intolerance:

- Butter (lactose)
- Brown sugar (diabetics)
- Eggs
- Flour (gluten)
- Sugar (diabetics)
- Vanilla Flavor (gluten)

Meatless Preparation Avoid:

- Butter
- Eggs
- Substitute with: _____

Utensils:

- Measuring cups
- 2 Mixing bowls
- Microwave safe cup
- Spoon
- Toothpick (round)
- Pan: 2.5 quart glass baking pan. ***

*** Dark glass bakes quicker, so reduce time.

*** Aluminum foil pans also bake differently and may react to acids in certain foods, such as berries.

*** Cupcake pans can also be used and will bake at a different temperature and time. This makes it easier to freeze single serve portions.
Some recipe sites go into further detail, if needed.

Ingredients:

Meat: None

Vegetables: None

Other ingredients:

1 brownie mix (gluten free)

Verify ingredients:

1/2 cup of butter (1 stick)

3 eggs

1 tablespoon vanilla (gluten free)

1/4 cup of brown sugar

Dash of salt

Whipped topping (after cooling)

Preparation time: 15 minutes

Preparation:

Part 1:

1. Melt butter in microwave for 20 to 30 seconds.

2. Mix in medium mixing bowl:

1 cup baking mix (gluten free)

Verify ingredients:

1/4 cup of brown sugar

1/2 cup of butter (1 stick)

3 eggs

1 tablespoon vanilla (gluten free)

Dash of salt

3. Grease the bottom of the 2.5 quart glass baking pan lightly with butter.

4. Mix thoroughly.

5. Pour into greased pan.

6. Place greased pan in oven at 350 degrees. Set timer for about 13 minutes.

7. Use a clean toothpick to verify doneness of the cookies in the middle and on the edges. It should come out clean.

8. Allow brownies to cool slightly before cutting and removing from the pan.

Part 2:

1. Crumble 1 or 2 cooled brownies into a bowl.

2. Scoop whipped topping into the bowl.

3. Stir.

4. Enjoy!

Cook Temperature: 350 degrees (Varies based on pan choice and elevation for those in the mountains.)

Your temperature here: _____

Cook Time: 20 to 25 minutes, based on pan choice and elevation.

Your bake time here: _____

Servings: About 10

Storage Solutions: Square containers.

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per What's Cooking America Storage Chart link in

Resources

Freezer safe: 4 to 6 months * Per What's Cooking America Storage Chart link in

Resources

Reheat Instructions: (Good for quick thawing)

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).

2. Heat until food is warm.

3. Minimum 30 seconds.

Add your microwave time here: _____.